

THE SHELTON CHRONICLE

A newsletter for faculty and staff of Shelton State
Community College

October 15, 2001

Stepping Up to Stepping Out

Stepping Out opened at the Bean Brown Theatre on Friday, October 12, and will continue through October 21. On October 12, 13, 18, 19, and 20, performances will be at 7:30 p.m. Matinee performances are scheduled for October 14, 17, and 21. For tickets call 391-2277 or order tickets online at www.theatretusc.com.

Stepping Out is about a motley and hilarious crew of 10 women and

one man who take "tap-dancing lessons" in a church basement. Mavis, the instructor, can hardly get her pupils to stop quarreling among themselves, let alone dance. You'll cheer in the aisles as they overcome their inhibitions and limitations to triumph at their final recital.

Celebrate with Theatre Tuscaloosa as they kick off their 30th anniversary season.

NEWS FROM THE WELLNESS CENTER

TIPS FOR PEACE OF MIND DURING TROUBLED TIMES

- Find comfort in a support system;
- Don't underestimate the power of prayer;
- Exercise;
- Be informed: Read up on current health issues concerning anthrax and small pox;
- Look for information from the Department of Defense and the Center for Disease Control;
- Find a stress management technique that works for you, such as progressive muscle relaxation, deep breathing and

stretching, aerobic exercise, prayer, meditation, visual imagery;

- Spend more time with family and friends;
- Donate blood to the Red Cross;

FYI: The small pox vaccination lasts only 10 years, according to the latest research.

MORE ON QUALITY MONTH

October 15 and 16: Remote car race in the Atrium. 9-11 a.m. \$2.50 to race. All goes to scholarships.

October 15-28: Putt-Putt for Shelton at Bama Golf

October 17: Wonderful Wednesday Lunch, D Rooms, Sign up on Wynora's door, Room 2626;

October 17: Talent Show, Atrium

October 18: AEA Breakfast, D rooms, 7:30 - 8:30 a.m.

October 23: Pumpkin Painting Contest, Food Court and Fredd, 2-3 p.m.

October 25: Breast Cancer Awareness program, LPN, D rooms, noon.

In this issue...

NEWS FROM THE WELLNESS CENTER	1
MORE ON QUALITY MONTH	1
LIFETIME LEARNING IS FOR A LIFETIME	2
Frontline leadership Seminars Offered	2
FROM THE MUSIC DEPARTMENT	2
Osmore Speaks to Star Meeting	2

October 26: noon, Finale, Teams Who Cook, noon, D Rooms.

October 29: Blood Drive, nursing students

October 30 and November 1: Blood pressure screening, 8 a.m. - noon, Martin and Fredd campuses

October 31: Halloween Costume Contest, 10 a.m., Atrium

LIFETIME LEARNING IS FOR A LIFETIME

Shelton's Lifetime Learning program that is designed for people 55 years of age and older now has 196 students registered for Fall Semester. Some classes include ones on computers, health and wellness, religion, drawing, flower arranging.

New instructors for the Spring Semester are Pat Pearson, Publish 2000, Stephanie Wilkins, Healthy Cooking for Seniors; Seminar on Fraudulent Scams, Sgt. S. Everett.

Frontline leadership Seminars Offered

Training for business and industry will offer a series of leadership management training seminars by AchieveGlobal/Zenger Miller over the next six weeks. The classes will begin on Tuesday, October 16, and continue weekly from 5:30 - 9:30 p.m. through November 20. This series will strengthen leadership skills for frontline supervisors and managers in

order to help keep employee performance on track and aligned with business objectives. Each seminar is designed to build a particular leadership skill. Deadline to register is October 12. Cost is \$75.00 plus text. For more information, call ext. 2434.

EMPLOYEE RECOGNITION

Four Shelton State employees have received their masters degrees this spring and summer.

Debbie Hammons, Tracy Branch Abbott, Fannie Bates, and Patrice Johnson Thomas received their MA degrees from the University of Alabama. Congratulations!

FROM THE MUSIC DEPARTMENT

The Shelton Singers will hold their annual fall concert on Sunday, November 11. This year they will be doing the GLORIA by Antonio Vivaldi with Chamber Orchestra at Covenant Presbyterian Church. Mark Brown is the conductor.

Glinda Blackshear will be a soloist along with Jennifer Wyatt Blackwell, one of Shelton's former students.

Also, the Shelton Singers were one of three choirs who sang the fourth movement of Beethoven's Ninth Symphony

with the Tuscaloosa Symphony Orchestra recently.

Osmore Speaks to Star Meeting

Jimmy Osmore, Shelton instructional curriculum support specialist, recently spoke to a meeting of the Statewide Technology Access and Response (STAR), a division of Alabama's rehabilitation program. Over 460 students from Hillcrest Middle School attended the program.

This statewide program, "Enhancing Technology Access & Attitudes" invites guest speakers who are well known within their local communities to come and talk about their lives. Osmore was the featured speaker for this meeting.

Some of the questions Jimmy addressed during his talk included his education, job, and types of assistive technology he uses. As part of this, he showed students how his car is equipped with special technology.

As part of the program, Jimmy also discussed his disability and the difficulties he sometimes encounters because of it.

Roger Etheredge is the coordinator of the program.